Primary School Lunch Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza (v) Chips • Coleslaw	Lasagne • Garlic & Herb Bread Garden Peas	Mince and Dumplings Creamed Potatoes • Broccoli	Roast Pork • Sage and Onion Stuffing Baby Boiled Potatoes • Carrots	Salmon or Cod Fish Fingers Oven Roast Potatoes • Beetroot
Quorn Keema Curry(v) Savoury Rice • Cauliflower	BBQ Quorn Fillet (v) Seasoned Potato Wedges Baked Beans	Meat Free Cheeseburger(v) in Bun Chips • Sweetcorn	Lentil and Vegetable Soup (v) Cheesy Crouton	Cheese and Onion Quiche (v) Oven Roast Potatoes • Garden Peas
Sandwich Selection (v)	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
Jacket Potato • Choice of Filling Cheese, Baked Beans (v)	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna
Frozen Flavoured Yoghurt	Flapjack with Custard	Melting Moment Biscuit Chilled Drink	Chocolate Cake with Chocolate Sauce	Strawberry Cupcake Chilled Drink

6 September 21
27 September 21
18 October 21
15 November 21
6 December 21
10 January 22
31 January 22
28 February 22
21 March 22
25 April 22
16 May 22
13 June 22
4 July 22

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v) • Focaccia Bread Garden Peas	Baked Low Fat Pork Sausages Creamed Potatoes • Broccoli	Spaghetti Bolognese • Garlic Bread Sweetcorn	Roast Chicken Fillet • Yorkshire Pudding • Oven Roast Potatoes Savoy Cabbage	Cod Fishcake • Chips Spaghetti Hoops
Vegetable Fingers(v) • Tomato Ketchup Seasoned Wedges • Garden Peas	Chinese Style Vegetable Curry (v) (vg) Steamed Rice or Egg Noodles	Cheese Omelette (v) • Hash Browns Baked Beans	Tuna or Cheese Tortilla Wedge(v) Oven Roast Potatoes • Coleslaw	Quorn and Vegetable Pie (v) Mashed Potatoes • Carrots
Sandwich Selection (v)	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
Jacket Potato • Choice of Filling Cheese, Baked Beans (v)	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna
Madeleine Sponge with Custard	Lemon Drizzle Cake with Custard	Chocolate Banana Muffin Chilled Drink	Ice Cream Tub with Shortbread Finger	Anzac Biscuit Chilled Drink

13 September 21
4 October 21
1 November 21
22 November 21
13 December 21
17 January 22
7 February 22
7 March 22
28 March 22
2 May 22
23 May 22
20 June 22
11 July 22

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Pomodoro(v) • Garlic Bread Sweetcorn	Chicken Jalfrezi • Rice or Naan Bread Minted Apple and Cucumber Salad	Meat Balls in Gravy Creamed Potatoes • Broccoli	Roast Beef • Yorkshire Pudding Oven Roast Potatoes • Carrots	Crispy Coated Fish • Chips Garden or Mushy Peas
Fishless Fish Fingers (v) (vg) • Chips Garden Peas	Quorn Burger in (v) Bun Oven Roast Potatoes • Baked Beans	Pizza Margherita (v) Seasoned Wedges • Sweetcorn	Quorn Dippers (v) • Hash Browns Spaghetti Hoops	Quorn Sausage Roll(v) • Chips Baked Beans
Sandwich Selection (v)	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
Jacket Potato • Choice of Filling Cheese, Baked Beans (v)	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna	Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna
Frozen Strawberry Mousse	Sticky Date Pudding with Custard	Rice Pudding with Peaches	Pineapple Upside Down Cake with Custard	Fresh Fruit Salad or Yoghurt

14 September 21
11 October 21
8 November 21
29 November 21
3 January 22
24 January 22
14 February 22
14 March 22
4 April 22
9 May 22
6 June 22
27 June 22
18 July 22

Menus are subject to availability
(V) suitable for Vegetarians or (VG) Vegan diets

September 2021 - July 2022

"Drinking water helps you look and feel your best"

"Take care of your body – it's the only place you have to live"

Available daily:

Salad bar, selection of fresh bread and rolls
Choice of drinks - Fruit juice drink, reduced fat milk, chilled drinking water, Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

Red Tractor Assurance
Newcastle City Council